## In The Claims

1. (Currently Amended) A chain link Link plate (1) for a chain link of an energy guide chain comprising: with at least one

## a link plate;

- <u>a</u> fixing means (4) which is suitable and is intended for separable joining of

  releasably joining the link plate (1) with to a transverse link [[(14)]],

  where the fixing means [[(4)]] has at least one <u>a</u> locking means; [[(5)]] and

  at least one
- a torsional element (6) is provided which is joined to the fixing means [[(4)]] and a wall of the link plate [[(1)]] in such a way that it can be pivoted the fixing means is pivotable essentially around a longitudinal axis of the link plate [[(1)]].
- 2. (Currently Amended) The chain link Link plate (1) according to [[C]]claim 1, characterized by the fact that wherein the fixing means [[(4)]] is arranged in a receptacle [[(7)]] formed in the wall, extending at least from an inner wall [[(8)]] in the direction of an outer wall [[(9)]] of the link plate [[(1)]].
- 3. (Currently Amended) The chain link Link plate according to [[C]]claim 1 or 2, characterized by the fact that wherein the fixing means [[(4)]] and the link plate [[(1)]] are formed in one piece.
- 4. (Currently Amended) The chain link Link plate according to [[C]]claim 1 or 2, eharacterized by the fact that wherein the fixing means [[(4)]] and the link plate [[(1)]] are made of several pieces.

- 5. (Currently Amended) The chain link Link plate according to [[G]]claim 4, eharacterized by the fact that wherein the fixing means (4) can be is releasably joined to the receptacle (7) in a separable manner, preferably by locking, with positive or non-positive locking.
- 6. (Currently Amended) The chain link Link plate according to one of the previous elaimsclaim 1, characterized by the fact that wherein the torsional element (6) is designed as at least one comprises a torque rod.
- 7. (Currently Amended) The chain link Link plate according to one of the previous elaimsclaim 1, characterized by the fact that wherein the wall and/or the at least one fixing means are made of at least one is made of a material selected from the group consisting of:

plastic, preferably an elastomeric plastic, [[a]] renewable raw material; and [[/or]] metal.

- 8. (Currently Amended) The chain link Link plate according to one of the previous elaims claim 2, characterized by the fact that at least one the pivoting axis receptacle is formed for accepting a pivoting axis of a transverse link and/or of an intermediate piece.
- 9. (Currently Amended) The chain link Link plate according to one of the previous elaimsclaim 1, characterized by the fact that transverse wherein the locking means are formed which substantially prevents essentially a relative movement of the link plate in a direction essentially substantially transverse to the longitudinal axis of the link plate when joining the link plate with a transverse link.

- 10. (Currently Amended) The chain link Link plate according to one of the previous elaimsclaim 1, characterized by the fact that longitudinal wherein the locking means are formed which essentially is adapted to substantially prevent [[a]] relative movement of the transverse link in a direction essentially substantially parallel to the longitudinal axis of the link plate when joining the link plate to a transverse link.
- 11. (Currently Amended) The chain link Link plate according to one of the previous elaimsclaim 1, characterized by the fact that and further comprising:

means are formed for substantially limiting the pivoting which limit the pivoting [[ef]] the fixing means from pivoting.

- 12. (Currently Amended) The chain link Link plate according to one of the previous elaimsclaim 1, characterized by the fact that wherein the fixing means (4) have has at least one tool access region [[(12)]].
- 13. (Currently Amended) The chain link of claim 1 and further comprising: Chain link for an energy guide chain with two
  - a plurality of additional chain links having link plates which are connected to one another by at least one transverse link [[(14),]] where at least one chain link is formed according to one of Claims1 to 12; and

at least one of the additional link plates is connected to the chain link.

14. (Currently Amended) The chain link Chain link according to [[G]]claim 13, characterized by the fact that a wherein the transverse link of the additional links [[(14)]] cooperates with at least one fixing means [[(4)]].

- 15. (Currently Amended) The chain link Chain link according to [[C]]claim [[14]]13, characterized by the fact that at least one wherein a locking means [[(5)]] cooperates with a locking piece receptacle of the transverse link of the additional links [[(14)]].
- 16. (Currently Amended) The chain link Chain link according to [[C]]claim 15, characterized by the fact that wherein the locking means and locking receptacle can be are joined to one another in a positive or non-positive locking manner.
- 17. (Currently Amended) The chain link Chain link according to one of Claims claim 1413 to 16, characterized by a minimum force necessary for separating wherein the transverse link and the fixing means, especially the locking means and the locking recess are releasably engaged.
- 18. (Currently Amended) The chain link Chain link according to one or several of the previous Claims claim 15 13 to 17, characterized by the fact that wherein the longitudinal and/or transverse locking receptacle[[s are]] is formed on the transverse link which and can be engaged with the longitudinal and/or transverse locking means in a positive or non-positive locking manner.
- 19. (Currently Amended) The chain link Chain link according to one of Claims claim
  13 to 18, characterized by the fact that, at least on one wherein each additional link plate
  comprises:
  - <u>a</u> joining side between transverse link and link plate, at least one; and

    <u>a</u> pivoting means [[is]] formed on the transverse link, which can be engaged

    with [[the]] a pivoting axis receptacle.

- 20. (Currently Amended) The chain link Chain link according to one of Claims claim 13 to 19, characterized by the fact that at least one wherein each additional chain link includes an intermediate piece is provided, one having a side [[of]] which accepts the joining side of [[the]] a transverse link, and the other side of which has at least one pivoting means which can be engaged with the pivoting axis receptacle of the plate link.
  - 21. (Canceled)
  - 22. (Currently Amended) The chain link of claim 1, wherein:
    - the fixing means Fixing means which is suitable and is intended for producing produces a separable joint between [[the]] a link plate and a transverse link in the link plate, where the fixing means can be joined to a locking means joined to at least one a torsional element, where the at least one torsional element can be joined with a wall of the link plate so that it can be pivoted essentially around a substantially longitudinal axis of the link plate.
- 23. (Currently Amended) The chain link Fixing means according to of [[C]]claim 22, characterized by the fact that wherein the torsional element is formed as at least one comprises:

a torque rod.

24. (Currently Amended) The chain link Fixing means according to [[C]]claim 22 or 23, characterized by the fact that wherein the locking means is arranged between two torsional elements.